

## ABSTRACT

Exercise equipment including a cable means attached at its distal end to a resistance means cooperating with pulley means for switching between a 2:1 mechanical advantage and a 1:1 ratio. At a proximal end of the cable, control means are used to exert effort against the resistance means. The resistance means may be a weight system, which may be variable. There may be a set of counter-weights. Exercise equipment having a bilateral lifting system comprising multiple cables directed by pulleys to their ends where attachments are connected at both ends of each cable with a single weight stack at the mid area of each cable. The cables may pass through a set of multiple pulleys running parallel atop the weight stack and directed by another series of pulleys to respective egress points of the cables.